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FOR THIS SUNDAY'S
BIG GAME **PAGE 24**What's missing
from the city's
budget debateWe focus on five missing
pieces that have been left
out of the 2014 spending
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... donkey?VIA terror suspect attacks gay
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remembers
the commishNBA commissioner David
Stern's retirement hits close
to home — at least for the
Lightning's head coach **PAGE 25**Burst pipes:
Money down
the drain**Big freeze.** Already
more than 50 water-
main breaks this year**MIKE
DONACHIE**
mike.donachie@metronews.caFountains sprang up in the
middle of downtown Wednes-
day, and with the water came
a cost.As city workers dug down
to fix a burst water main at
Richmond and York streets,
the problem of maintaining
London's infrastructure came
to light: The big freeze is chip-
ping away big time at city
budgets.Try these cold numbers: In
2013, there were 150 water-
main breaks, about 30 of them
in January, said water opera-
tions manager John Simon.
But, as of Wednesday, there
had already been more than
50 breaks in 2014.The annual budget for
emergency repairs is \$2.5
million, and last year the city
spent \$2.4 million of it. So al-
ready a third of 2014's budget
is gone, and there's plenty of
winter left."It's approaching probably
a larger-than-average amount,"
said Simon when asked how
this new year is working out
for water-main breaks.Simon said crews are tell-
ing him there's as much as
four feet of frost below ground
level.That creates pressure on
the pipes that are about five
and a half to six feet down,
shifting them and causing
breaks.The pipe at Richmond and
York was a "very robust" cast-
iron pipe, said Simon, and, de-
spite having been laid before
1900, it was "very strong and
durable." So the effect of the
weather is clear.The city does have money
available if that \$2.5 million
isn't enough to get through
the year, said Simon, who was
"confident that we have ap-
propriate budget to take care
of this."The wider issue is main-
taining the water and sewer
infrastructure properly, city
engineer John Braam ex-
plained.He said the average age of
pipes under downtown streets
is 90 years old, with the oldest
dating from the 1880s.Over the last eight years,
the city has been steadily in-
creasing its investment in
water infrastructure each year
by seven to eight per cent.The aim is to reach what
Braam called "financial sta-
bility," where inflationary in-
creases will be enough to pay
for maintenance.

Water flows across the intersection of Richmond and York streets Wednesday after a break in a pipe that's more than 114 years old.

MIKE DONACHIE/METRO

Olympic medallist

Hughes bringing message of hope to Forest City

Olympic medallist Clara Hughes will soon be rolling into London.

The six-time Olympian will be one of the featured keynote speakers for Let's Talk London, a March 19 event focusing on issues related to mental health.

The event, hosted at the Western Fair District, is part of the Bell Let's Talk campaign. Tickets are \$30 each and are available at londondistresscentre.com.

It coincides with Hughes' nationwide tour, called Clara's Big Ride tour. Beginning March 14, she will cover 12,000 kilometres in 110 days stopping in 95 communities to talk about her personal battle with depression.

The goal of the ride, which wraps up July 1 in Ottawa, is fighting stigma surrounding mental-health problems.

As part of the London stop, Hughes will speak on March 20 to nearly 400 area students.

DAVID INGRAM/FOR METRO



Clara Hughes

TORSTAR NEWS SERVICE FILE

At a glance

- More than \$5.4 million was raised for Canadian mental-health initiatives as people observed Bell Let's Talk Day on Tuesday.
- #BellLetsTalk was the top Twitter trend in Canada and No. 3 in the world.



Josh Morgan is the first person to file papers as a candidate in Ward 7. MIKE DONACHIE/METRO

Candidate promises common-sense politics

Ward 7. Josh Morgan announces he will run in northwest London



MIKE DONACHIE

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Months of speculation have ended as another candidate filed papers Wednesday for the fall city council election.

Josh Morgan had been considering running for mayor, but that looked unlikely as soon as Coun. Matt Brown, who represents Ward 7 and is a friend and mentor to Morgan, announced he would try for

the chain of office.

Morgan, who's lived in Ward 7, off and on, for 10 years, will seek the seat Brown is vacating.

Asked what he had to offer citizens, Morgan promised a "common-sense approach" to politics and a focus on empowering voters.

"I'm going to try as hard as I can to do something different this time, to show people that change can happen," he said. "I believe that we can have a common-sense approach to government."

Morgan's announcement follows four months in which he considered his options, speaking to about

1,000 Londoners about how he might get involved in the community.

He's promising to continue that if he's elected.

"I believe citizens need a greater say in their community and they're demanding a greater say in their community," he said. "We have a system of government where citizens are required to participate once every four years in a very clear and direct way, and between then we don't really do a great job in providing them a great outlet to participate."

Morgan wants to find new ways to reach out to people, including during the budget process.

Running for office

- Josh Morgan, 35, works in the local government program at Western University's social science faculty. He's a Western alumnus.
- He's been involved in the Liberal Party at the federal and provincial levels, and worked as constituency assistant for London West MP Sue Barnes, but is not currently a member of the party.
- Morgan ran for council in 2006 but lost to Paul Hubert.

Support. Fundraiser to help family of flu victim

The family and friends of a 20-year-old London man who died of the flu are having a fundraiser in his honour Sunday.

Dylan Wilson will be the focus as people gather for a memorial skate and pickup hockey game at Kinsmen Arena (20 Granville Ave.).

The skate starts at 6 p.m. with hockey starting at 8 p.m.

Everyone is welcome with a minimum \$5 donation, though anything greater would be welcomed. Proceeds will help ease the financial burden Wilson's death has caused his family.

Wilson died Jan. 17, two months after contracting the H1N1 strain of the flu.

Family members said he was otherwise healthy and active. **METRO**



Dylan Wilson CONTRIBUTED

Investigation. Police looking for suspect who offered to give kids a ride

St. Thomas police are investigating after a man stopped and offered three young girls a ride.

Police say the incident happened about 3:30 p.m. Friday. The suspect cited the cold weather as his reason for offering the ride, police said. The girls, who were no older than 10, declined the offer and re-

ported the incident to their parents. The vehicle is described as a GM or Chevrolet van with a sliding door on the side. The driver is anywhere from 20 to 40 years old with light skin, a slim build, and a dark beard and moustache. Police are patrolling school zones as part of their search. **SCOTT TAYLOR/METRO**

Would-be burglar meets resistance

Home invasion.

Suspect, resident taken to hospital after household items used as weapons



SCOTT TAYLOR

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The London police emergency response unit was called in as a situation on Queens Avenue at Elizabeth Street threatened to go from bad to worse after a home invasion late Tuesday.

Police say a 48-year-old man broke into an apartment about 11 p.m. only to be confronted by the resident, a 66-year-old man.

A fight ensued in which

objects within the home were used as weapons before the occupant escaped the apartment and used a neighbour's phone to call 911.

When police arrived, they were told the suspect was still inside the apartment along with a firearm, which was already there.

The emergency response unit arrived and discovered

the man had barricaded himself inside. They were able to gain entry and arrested him just before 4 a.m. Wednesday.

Myron Ireland has been charged with break-and-enter, two counts of assault with a weapon and resisting arrest.

Peter Athanasakos, the person who lives in the apartment, has been charged with careless storage of a firearm

and careless storage of ammunition. Police seized a Remington 870 pump-action shotgun and 28 rounds of ammunition.

Both men were taken to hospital with injuries stemming from the altercation. They have since been released.

Ireland was scheduled to make his first court appearance Wednesday.

Timeline

- 11 p.m. Tuesday: Break-in at apartment, according to police.
- 4 a.m. Wednesday: Suspect arrested. The suspect and resident were then treated at hospital.

Cold as ice. January gave London near-historic shivers

It might not have been the coldest January ever, but it will come chillingly close.

With just a day left to go, the month scored an average temperature of -9.4 C in the London area.

That's a little short of the record -12.1 C set in 1977, but a frosty few degrees colder than the average -6.3 C, a difference Environment Canada meteorologist Marie-Eve Giguere said is "pretty significant."

The month, she added, was a roller-coaster of extremes.

"In 2014 so far, we've had eight days that were below

-20 C, with the coldest day being -26.1 C, and when you add the strong wind it feels much colder," she said Wednesday. "But there were also two days above 5 C, so it's been extreme both ways."

Looking back on the past 10 years, this January ranks second-coldest behind the -9.5 C in 2004. That was, of course, before adding Wednesday night, Thursday and Friday's temperatures into the final calculation.

Last year, the average temperature for January was -4.2 C. **SCOTT TAYLOR/METRO**



Brrr-ing it. Fanshawe College student My Tran makes her way across campus Wednesday afternoon bundled up to brave a chilly -25 C with windchill factored in. Relief is just days away with Environment Canada promising warmer temps for the weekend. **MIKE DONACHIE/METRO**

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Debate about the 2014 city budget begins in earnest Thursday, and city staff have drawn up a proposal based on a 3.1 per cent tax increase. But the spending plan doesn't have money for a variety of efforts that have been discussed publicly. Here's a look at just some of what's not yet been included.

MIKE DONACHIE/METRO
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METRO FILE

Veterans Memorial Parkway noise barrier

After 11 years of requests, discussions and deferrals, council finally agreed this month to install a noise barrier alongside Veterans Memorial Parkway.

There was lengthy discussion about materials, location and other issues, with Coun. Bill Armstrong making often emotional pleas with colleagues to get the job done, so residents near the busy road can enjoy their backyards without excessive traffic noise.

The maximum cost of the barrier was set at \$500,000, but where will it come from? Council needs to find it.

City budget:

5

missing pieces



METRO FILE

Railway safety

There aren't many subjects higher in Londoners' minds than safety at railways crossing, with trains thundering through the city every day.

Council has agreed to look into improving safety at crossings, but it will cost an unbudgeted \$135,000 this year unless members change their mind.

The measures vary, but include clearing lines of sight for pedestrians, painting pathways and changing signs.

All need to be discussed with railway companies, and funding approaches will be made to higher levels of government.

5



METRO FILE

Sunfest celebration

It may not seem like a lot for a city budget, but can council find \$50,000 to support a special celebration by Sunfest?

The request isn't in the budget because it came in late in the year, but the organizers of the popular event want it to get bigger in 2014.

They've asked for the grant to fund an extra day for the July festival, increasing it to a five-day event.

If approved, the money will pay artists' fees, production costs and marketing charges.

Animal welfare

If controversy was measured in decibels, animal welfare would win the prize for London's loudest problem.

Activists packed the public gallery at city hall for a series of meetings in 2013, eventually winning agreement that services for animals would be enhanced.

But those improved services, including a city vet to spay/neuter stray animals and keep populations down, come at a price: An unbudgeted \$376,000.

Council members agreed to pay out to protect more animals, but now they have to work out how they will do it.



METRO FILE

Eldon House

London's oldest house, Eldon House, is a city-owned museum, and its board of directors has big plans.

Unlike many other leading figures in city services, they want their budget to increase.

Specifically, they want an extra \$59,000 to hire a curator to help them develop the museum and reach out to the community.

Last month, board chair Maureen Spencer Golovchenko made an impassioned plea to council for the financial support.

But it's not yet in the budget and she was told it would have to compete with other requests for taxpayers' cash.



METRO

Time to choose: Council's budget decisions about to begin



City treasurer Martin Hayward, the chief architect of the 2014 budget. METRO FILE

It might take them all day, and then another day, then a couple more, but it's time to decide.

After countless early show-downs, London's council really begins the process of setting its final 2014 budget Thursday.

It begins with a number: 3.1 per cent. That's how

much everyone's municipal property taxes will have to increase if every cost in the draft budget, which was tabled in November, is to be met.

But that number's only a starting point.

There's no chance whatever that the 15 council members — of whom at least nine

have declared they will run for office again on Oct. 27 — will ask citizens to swallow a 3.1 per cent tax hike.

As recently as Tuesday, when he gave his state of the city address to 1,100 people at the London Convention Centre, Mayor Joe Fontana confirmed he wants taxes to stay the same as 2013.

"We've held taxes to zero per cent, two years, and you know what?" he said. "I'm looking for a third."

Fontana's main challenger for mayor this year, Coun. Matt Brown, has also called for caution with spending,

Tax and spend?

3.1%

3.1 per cent tax increase is the starting point but unlikely to be the end.

although he has avoided any talk of zero per cent.

And the mayor may have had a tough time but he still commands the loyalty of several councillors who also want taxes to stay steady.

So the only question is: What will be cut?

MIKE DONACHIE/METRO

Quoted

"We've held taxes to zero per cent, two years, and you know what? I'm looking for a third."

Mayor Joe Fontana

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Sex workers' group critical of human-trafficking blitz

Operation Northern Spotlight. London police interviewed 115 potential victims



SCOTT TAYLOR

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Not everyone is happy with a nationwide police operation

targeting human trafficking.

As part of Operation Northern Spotlight, police from 25 forces coast-to-coast interviewed hundreds of women, some as young as 15 years old, who were forced to commit sex acts for money.

But a London-based group that advocates for sex workers' rights says the operation was problematic.

Naomi Sayers, a member of advocacy group South West-

ern Ontario Sex Workers, says as police looked for trafficking victims they questioned people who choose to work in the sex trade.

Sayers, while acknowledging human trafficking as a problem, said police framing all sex workers under that category undermines those who choose to use it as a legitimate form of employment.

"There are tons of sex-work organizations across Canada ...

and they should be collaborating with those groups to come up with a better strategy," she said.

London police officers were involved in the sweep, and police Chief Brad Duncan said such action is badly needed.

"Over the course of the last seven months, we've interviewed in excess of 115 potential victims — people that we believe to be or know to be involved in human trafficking

— (as we try) to gather intelligence about the extent of it in this community," Duncan said.

He said it's a fluid, mobile operation that sees girls and women shuttled up and down Highway 401 from Windsor to Toronto.

Susan MacPhail, director of women's services at My Sisters' Place, said trafficking involves exploiting or coercing women and girls against their will to have sex.

Quoted

"There's a power dynamic that is such that the person isn't able to easily remove themselves from the situation."

Susan MacPhail, director of women's services at My Sisters' Place



Fanshawe College celebrates major fundraising victory for the United Way charity

There was a party atmosphere at Fanshawe College on Wednesday as the college revealed the result of its 2013 fundraising campaign for the United Way of London and Middlesex. Students, faculty and staff took part in all manner of events to hit a total of \$107,381 for the charity. Wednesday's announcement, complete with live music, included words from college president Peter Devlin, who said Fanshawe and United Way share the vision of letting people fulfil their potential. Pictured helping announce the total are members of Fanshawe's varsity men's volleyball team. MIKE DONACHIE/METRO

Ontario farms at risk. Fourth case of deadly pig virus now confirmed

A deadly and highly contagious pig virus continues to spread across Ontario as officials confirm a fourth case of the outbreak has been found in the province.

Officials say two new cases of porcine epidemic diarrhea have been confirmed through laboratory tests.

One case — a farm in Chatham-Kent — was flagged earlier this week as under investigation after pigs there fell ill. The first case was found

last week in Middlesex County, and officials say hundreds of piglets between two to five days old have died from the disease.

A spokeswoman for the province's Ministry of Agriculture says the latest case was found at a farm in Norfolk County, which is on the north shore of Lake Erie.

Susan Murray says authorities expect to find more cases since PED is so easy to transmit.

A group representing the province's hog farmers has said the virus is spread through contact with manure, which can cling to trucks, trailers and even clothing and boots.

Ontario Pork has warned the virus could cost the country's pork industry tens of millions of dollars in one year alone if it spreads to other provinces. Officials stress, however, that there is no risk to human health or food safety. **THE CANADIAN PRESS**

Privacy. Canadian police forces over-sharing mental health records?

Canadian police forces should share sensitive mental health records with foreign agencies only when a public threat can be demonstrated, says Ann Cavoukian, Ontario's information and privacy commissioner.

Her remarks highlight concerns raised about a disabled Toronto woman who was denied entry to the U.S. and missed out on a 10-day cruise because a 2012 "mental health episode" came up on a U.S. border computer.

Cavoukian's concerns and recommendation will be the centerpiece of a report she plans to present in April.

"The goal is to have privacy embedded as the default practice in Ontario law enforcement agencies and that sensitive health information may be shared (only) when a threat to public safety is demonstrated to an articulated and clearly defined criteria," Cavoukian said.

The report comes as Canadian border officials are

planning to share personal information obtained under a new Canada-U.S. border data-sharing program with other federal departments.

Ottawa and Washington will start sharing their citizens' travel and biographic data this summer, meaning anyone from Canada travelling to or from the U.S. by land can have their information passed on to federal departments.

TORSTAR NEWS SERVICE

Flying Circus promises night of silliness

Monty Python.
Double-bill to help theatre raise funds



MIKE DONACHIE
mike.donachie@metronews.ca

"He's not the Messiah. He's a very naughty boy."

If you get the reference, then this is the event for you.

The Palace Theatre is planning a big night for fans of Monty Python's Flying Circus, and its staff promises a night of silliness for all.

"When we're not doing live theatre, we try to do movies to raise money to support live theatre," said Faith Coates, general manager of the Palace. "We do get \$20,000 from the city,

Pining for the fjords?

- The Palace Theatre's special Monty Python night takes place on April 19.
- It's showing two movies: Life of Brian and The Meaning of Life, starting at 7:30 p.m. and 9:15 p.m.
- Tickets are \$7.50 for one film or \$10 for both, and

people are encouraged to come in costume.

- There will also be a licensed bar and trivia contest with appropriate prizes, including — in a reference to one famous Python sketch — cans of Spam.

and we're very grateful for it, but we still need to do these things to help us raise money.

"In this case, we need to raise \$150,000 to pay for a new roof. We're just starting."

So, after some fun conversations on Twitter, Coates discovered that London is full of fans of Monty Python, the six-member British comedy

troupe most famous for TV and films.

The idea of a Python double-bill was hit upon, and now it's booked for April 19.

But it doesn't end there. Future movie events include a festival of James Bond movies, planned for May or June, and other screenings during the summer.



A new spin on the traditional first dance

The Grand Theatre will present Tottering Biped Theatre's production of First Dance, pictured here, from Feb. 18-22 in McManus Studio Theatre. Created by Trevor Copp, Jeff Fox and Lisa O'Connell, the play tells the story of a gay couple who put a creative spin on the traditional first dance at their wedding. The story mixes dancing with rituals of masculinity, such as shaving and tying a tie. For ticket information, visit grandtheatre.com. CONTRIBUTED



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Bieber turns himself in to police in connection with assault charge

Another run-in with the law? Singer is back in the spotlight, but not for his music

Police officers escorted Justin Bieber through a frenzied throng of media and fans to reach the side door of a Toronto police station and surrender in connection with an alleged assault Wednesday night.

Reporters, cameras and hundreds of fans and bystanders were waiting outside Toronto Police Service's 52 Division headquarters when the 19-year-old singer emerged from a black SUV.

In December, police said they were looking into allegations that a member of Bieber's entourage assaulted a limo driver who was driving the pop star and several others in Toronto.

A police spokesperson said at the time that it was unclear whether the teen heartthrob himself was involved in the alleged attack on Dec. 29, or simply one of his companions. Bieber was seen at a hockey game at the Air Canada Centre on Dec. 29.

About 50 fans, bundled up against the biting cold, greeted Bieber when he arrived at the police station. They screamed "Justin," as he was led inside the police station.

"He's done some bad

Twitter

"I ask people to be kind and hope for the best in people. Not assume the worst. Thanks."

Bieber's manager, Scooter Braun, tweeted Wednesday night

stuff, but I forgive him," said Boubacar Diallo, 12. "He just needs to think before he acts."

Others showed up for the possibility of a show.

"He should be charged, he's a wreck," said Peter Esper, 18. "He deserves to be punished. He's a bad name for the country."

Bieber's manager, Scooter Braun, tweeted Wednesday evening, asking people to "stop passing judgment on a situation u dont understand."

This will not be the Stratford-born singer's first run-in with the law.

Bieber was in police custody less than a week ago after he was arrested in Miami Beach in the early morning hours of Jan. 23.

Police alleged that Bieber had been drag racing in a yellow Lamborghini, and charged him with driving under the influence, resisting arrest and carrying an expired licence. His arraignment is set for Feb. 14.

That incident sparked a petition on the White House



Canadian musician Justin Bieber is swarmed by media and police officers as he turns himself in to city police in Toronto on Wednesday night.

NATHAN DENETTE/THE CANADIAN PRESS

website calling on the U.S. government to deport Bieber. More than 138,000 people have signed it.

"He is not only threatening the safety of our people, but he is also a terrible influence on our nation's youth," the petition states.

Because the petition has garnered more than 100,000 signatures, the White House must write an official reply.

Los Angeles police officers raided Bieber's California house on Jan. 14 and arrested one of his friends for drug possession after finding co-

caine in the residence. Police swooped in after the house of Bieber's next-door-neighbour was egged, which apparently caused an estimated \$20,000 in damage to the building's ritzy exterior.

The pop star has been in the headlines for a number of

outlandish incidents over the past couple years.

"Get ready," Bieber tweeted at 5:46 p.m. on Wednesday night with a link teasing his latest music video, which was released later in the evening.

TORSTAR NEWS SERVICE/
WITH FILES FROM THE CANADIAN PRESS

Senators formerly known as 'Liberal' react to pink slips



Liberal Leader Justin Trudeau speaks about the Senate and Liberal senators during an announcement in the Foyer of the House of Commons Wednesday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Justin Trudeau handed out pink slips to Liberal senators Wednesday, kicking them out of the party's caucus in what he called the most significant, concrete step ever to reform Canada's scandal-plagued Senate.

The surprise move — announced moments after Trudeau personally informed all 32 of them they are now "formerly Liberal senators" — is aimed at reducing partisanship and restoring the Senate's intended role as an independent chamber of sober second thought.

"There are no more Liberal senators," Trudeau told a news conference on Parliament Hill immediately after leaving the senators to mull over the implications of his decision.

After the initial shock wore off, the senators emerged from a meeting declaring that they'd

been "set free" and praising Trudeau for his bold, courageous move.

They immediately used their new freedom to contradict Trudeau's assertion that they can no longer designate themselves as "Liberal" senators. And they went further off script by suggesting the move actually won't change much in the upper house.

"We have agreed that we will style ourselves as the Liberal Senate caucus," said James Cowan, adding that he plans to continue leading the official Opposition in the Senate. Senators will remain Liberal party members and friends with elected Liberal MPs, he added.

"I think not a lot will change," Cowan said.

Upon hearing that Trudeau was referring to them publicly

as "formerly Liberal senators," Cowan's colleagues nodded approvingly as he said: "I'm not a former Liberal. I'm a Liberal. And I'm a Liberal senator."

However, Trudeau subsequently sent a letter to Senate Speaker Noel Kinsella informing him that Liberal senators are no longer members of the national Liberal caucus "and as such are independent senators."

The confusion allowed Stephen Harper to slough off Trudeau's challenge to the prime minister to follow the Liberal lead and similarly cut loose the 57 Conservative senators.

"I gather the change announced by the leader today is that unelected Liberal senators will become unelected senators who happen to be Liberal," Harper scoffed.

Quoted

"If the Senate serves a purpose at all, it is to act as a check on the extraordinary power of the prime minister and his office, especially in a majority government. The party structure in the Senate interferes with this responsibility."

Liberal Leader Justin Trudeau

He called Cowan's assertion that not much will change "the understatement of the year" and said Canadians want an elected Senate, not "a better unelected Senate."

THE CANADIAN PRESS

U.S. South snarled by seldom-seen snowstorm



- 1 Gimme shelter.** Finding refuge down on the pharmacy
People take shelter at a pharmacy in Atlanta Wednesday as a rare snowstorm left thousands in the U.S. South frozen in their tracks. Workers slept in offices, students camped in schools and drivers abandoned cars. **JAIME SARRIO/ATLANTA JOURNAL-CONSTITUTION/THE ASSOCIATED PRESS**
- 2 Highway star.** Stranded drivers get roadside assistance
Kevin Moore hands out snacks and water to a stranded motorist on Interstate 285 Wednesday in Dunwoody, Ga. Georgia Gov. Nathan Deal said Wednesday that the National Guard was sending military vehicles onto Atlanta's freeway system to move stranded school buses and get food and water to people. **BRANDEN CAMP/THE ASSOCIATED PRESS**
- 3 Going nowhere.** Trucks trapped on tricky trails
Traffic is at a standstill on Interstate 65 as officials work to clear abandoned vehicles Wednesday in Hoover, Ala. The snowstorm deposited mere inches of snow, but the South saw 1,000 fender-benders, with at least six people dying in accidents. **HAL YEAGER/THE ASSOCIATED PRESS**
- 4 All downhill.** The weather isn't toboggan them down
Marines assigned to Camp Lejeune, Jacksonville, ride in a makeshift toboggan Wednesday. It was uncertain when highways would thaw, as temperatures were not expected to be above freezing for very long. **JOHN ALTHOUSE/THE DAILY NEWS/THE ASSOCIATED PRESS**
- 5 Freedom of beach.** Who's up for volleyball ... or skiing?
Women take in the wintry mix at Wrightsville Beach, N.C., Wednesday. Southern hospitality was on offer during the storm, with people taking to social media to offer guest rooms, fire stations, churches and park gymnasiums to those needing a warm place to stay. **MIKE SPENCER/THE STAR-NEWS/THE ASSOCIATED PRESS**

Rob Ford sued over alleged link to prison assault

Statement of claim.
Ex-boyfriend of Ford's sister says he was beaten in jail to keep him silent about Toronto mayor's 'unsavoury activities'



Toronto Mayor Rob Ford is being sued by his sister's ex-boyfriend, who alleges Ford conspired to have him attacked in jail to prevent his illicit behaviours from becoming public.

Scott MacIntyre alleges in the statement of claim filed Wednesday that the mayor arranged for jail staff to facilitate the beating. Video surveillance in the area had been "inexplicably disabled" before the attack and the guards stationed to watch the area didn't come to his aid, MacIntyre alleges.

MacIntyre went to jail in 2012 after being charged with threatening the mayor, for saying he would expose his "unsavoury activities," MacIntyre says in his statement of claim.

It was there in March 2012 that he was brutally beaten, more than a year before reports on the existence of a video appearing to show the mayor smoking crack cocaine.

"Ford's drug and alcohol abuse, and his association with criminals to facilitate his drug abuse ... are long-standing," MacIntyre writes in his statement of claim. "Ford was anxious that these matters should remain undiscovered."

The allegations are "without fact or foundation," Ford's lawyer Dennis Morris said.

MacIntyre alleges Ford conspired with Payman Aboodowleh, who coached high school football with Ford, to have one of their former players, who was also in jail at the time, attack him.

The former player, Aedan Petros, was among various in-

mates who told MacIntyre to "keep his mouth shut," once he was sent to jail, MacIntyre alleges.

The suit also names Ontario's Ministry of Correctional Services, which is responsible for the province's jails, Aboodowleh and Petros.

MacIntyre is seeking \$1 million in damages from all of the defendants, plus \$100,000 from each of them for aggravated, punitive and penal damages. He is also seeking another \$100,000 from the ministry, who he alleges breached his charter right to life, liberty and security of the person.

THE CANADIAN PRESS

The donkey defence? VIA terror-plot suspect goes on anti-gay-marriage tirade

A man accused of plotting an attack on a VIA Rail train took aim at homosexuality in court Wednesday, denouncing Canada's "written-by-humans" Criminal Code because he said it protects gay marriage.

Chiheb Esseghaier, 31, was arrested last April 22 on charges of conspiring to derail a passenger train travelling from New York to Toronto.

Esseghaier, who has refused to seek counsel since no lawyer will represent him based on the Qur'an, made a speech on Canada's legal system.

"The Criminal Code is a book written by humans," Esseghaier said. "We are putting the laws of God behind our back and we are following the laws of humans."

Esseghaier's speech came to a definitive end once he began talking about the Criminal Code protecting gay marriage, which he said did not occur between same-sex animals outside of humans.

"Donkey males marry only donkey females," he said, before Superior Court Judge John McMahon interrupted, leading to a tense moment in court.

"No!" Esseghaier shouted at the judge's interjection, causing two seated officers to rise to their feet to maintain order.

Earlier, Esseghaier, who has given off-topic speeches in previous court appearances, complained he was forced to show his "sex" to a guard who was conducting a weapons strip search. **TORSTAR NEWS SERVICE**

Ottawa

Teen pimp found guilty of human trafficking

A 17-year-old girl was found guilty Wednesday of a slew of charges stemming from a teen-pimping ring she orchestrated with two friends in Ottawa in early 2012.

Her guilty charges include human trafficking, procuring for the purpose of prostitution, assault, forcible confinement and uttering threats to cause bodily harm. The girl was 15 at the time of her arrest.

The court heard during the trial that the ringleader and her co-accused lured teen girls and befriended other peers on Facebook and used violence to force them into prostitution.

JOE LOFARO/METRO IN OTTAWA

Will nine be lucky number for Target?

From the double ring to bullseye? Despite missing the mark in Canada, the U.S. retailer is still aiming for success, opening nine new stores

Target plans on opening nine more stores in Canada this year.

The U.S.-based retailer said Wednesday it will open two locations in Mississauga, and one store each in Toronto, Ottawa and Barrie.

Stores will also be added in Edmonton, Victoria, Winnipeg and Candiac, Que.

Five of the locations will be in former Zellers locations, while the others will be newly constructed stores.

By the end of the year, Target said it will have a total of 133 locations in Canada.

The retailer has faced high expansion costs and disappointing sales since its highly anticipated arrival in Canada last year as shoppers complained about near-empty shelves and notably higher prices than at U.S. Target stores.



A worker installs an outdoor sign at a Target store in Nova Scotia last year. Nine more Target stores are set for Canada this year. ANDREW VAUGHAN/THE CANADIAN PRESS

Last week, the retailer said it would offer some of its Canadian customers a year of free credit monitoring after a massive security breach at its U.S. stores put confidential details into the hands of thieves.

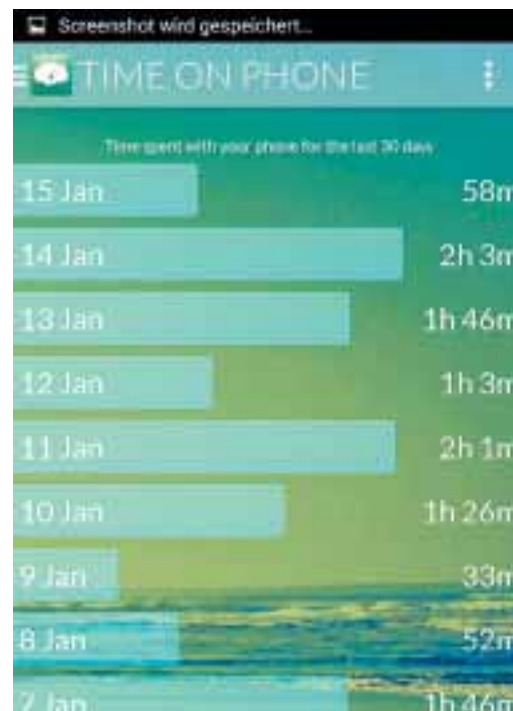
Target emailed customers saying it believed their information may have been taken if they visited U.S. Target stores between Nov. 27 and Dec. 15.

Target said an investigation found the personal information could have included the names,

addresses, emails and phone numbers of some Canadians.

Unlike affected U.S. customers, who had payment data from their debit and credit cards taken, the Canadian information is limited to contact information, according to the company.

Target has said the number of Canadians affected is estimated to be "well under" one per cent of the total, which represents less than 700,000 customers. **THE CANADIAN PRESS**



Use your phone ... to track your phone addiction

This screenshot from Mental, an app created at the University of Bonn in Germany, shows smartphone-usage figures. Psychologist Christian Montag, who worked on the project, hopes that by measuring how much time people spend on their smartphones the app will help researchers identify and deal with addiction. "This is a live discussion and this will provide data. We are seeking patterns in areas such as tolerance development and withdrawal," he says. **CONTRIBUTED/METRO WORLD NEWS**

Canada Post. Suburbs first to lose home mail delivery

Densely populated urban centres in the country's largest cities will be the last to lose their door-to-door delivery service, Canada Post said Wednesday.

The postal service said the older neighbourhoods and smaller lots in urban cores present different challenges for locating community mailboxes than suburban areas.

So, Canada Post says it will leave the majority of those areas until the final stage of its plan to phase out door-to-door mail delivery.

"The postal service will take the necessary time to understand their unique needs and find solutions that work for these neighbourhoods," Canada Post said in a statement.

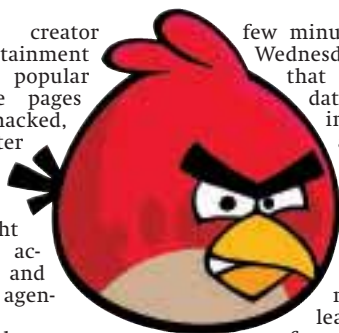
The postal service also said it was working to address the needs of seniors and disabled Canadians.

"Canada Post is developing alternative approaches for people with significant mobility challenges, who lack viable alternatives and upon whom delivery to a community mailbox would impose an unacceptable hardship," it said. **THE CANADIAN PRESS**

Angry Birds has bad month with hacking, spying reports

Angry Birds creator Rovio Entertainment Ltd. says the popular game's home pages have been hacked, two days after reports that the personal data of its customers might have been accessed by U.S. and British spy agencies.

Rovio spokeswoman says the hacking lasted a



few minutes early Wednesday and that end-user data "was in no risk at any point."

The hacking came after documents leaked by former Na-

tional Security Agency con-

tractor Edward Snowden suggested that the NSA and Britain's GCHQ had been able to extract information through a host of smartphone apps across the globe, including the Angry Birds game franchise.

Rovio has denied the claims, saying it does not "share data, collaborate or collude" with any spy agencies and that it would re-evaluate third-party advertising networks. **THE ASSOCIATED PRESS**

Cheers! Cheerios' interracial family back for Super Bowl

Cheerios is bringing back an interracial family to star in its Super Bowl ad.

They were featured in an ad last year that made headlines after it sparked ugly comments online. But the negative remarks were followed by an outpouring of support for the fictional family, made up of a black dad, white mom and their young daughter.

General Mills, which owns Cheerios, said at the time that it cast the actors to re-

flect the changing U.S. population. Despite the controversy, the Minneapolis-based company continued running the ad for several months as planned.

In the new spot set to debut during the Super Bowl, the father uses individual Cheerios to illustrate each member of the family, explaining to his young daughter that, "Pretty soon, you're going to have a baby brother." The girl looks dismayed at first, but then smiles and

adds another Cheerio to the little pile.

"And, a puppy," she negotiates. Her father says it's a deal. The ad closes with a shot of the mom, watching from the side, looking alarmed at that development.

A 30-second spot during the Super Bowl costs around \$4 million US this year. A spokesman for General Mills said the ad is set to air during the first unscheduled time out during the game Sunday. **THE ASSOCIATED PRESS**

National skills training

Feds, provinces face off over Canada Job Grant

The provinces and territories are firmly resisting a contentious federal skills training proposal, saying they want to see more flexibility before a deal can be reached over the much-

touted Canada Job Grant.

They're presenting the federal Tories with an "alternative" proposition that would provide more flexibility to the provinces in how the proposed program would be funded, as well as how small businesses could participate, said Brad Duguid, Ontario's minister of training, colleges and universities. **THE CANADIAN PRESS**

Growlers

Nova Scotians can now get their beer to go at brew pubs

People in Nova Scotia can now buy beer made in-house at brew pubs to take home. Beer is allowed to be sold in sealed 1.8- to two-litre bottles, known as growlers. **THE CANADIAN PRESS**

2014 prediction

Auto sales to lightly step on brakes: BMO

Bank of Montreal expects Canadian auto sales to remain strong into 2014, following last year's record levels. A BMO economist predicts sales will slide marginally to 1.71 million units this year from 1.78 million in 2013. **THE CANADIAN PRESS**

Market Minute



DOLLAR
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Natural gas: \$5.46 US (+\$0.57)
Dow Jones: 15,738.79 (-189.77)



TSX
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Snowboarder Lindsey Jacobellis eats Chobani at a promotional event last fall in New York City. ROMMEL DEMANO/GETTY IMAGES FOR CHOBANI

Strained relations: Fage, Chobani duke it out over Greek yogurt

A sour note. A top U.S. brand loses legal battle with rival company from Greece over labelling of product in the U.K.

It's not all Greek to yogurt makers.

A British court has ruled that Chobani, the company leading the burgeoning Greek yogurt market in the U.S., cannot label its products "Greek" in the U.K. because they are made in America.

Chobani said Wednesday it was disappointed with the ruling, but added that "the fight is not over" and it would continue the legal battle.

The court case was brought by Chobani's rival Fage, a Greek company, soon after New York-based Cho-

Wheying its options

Chobani, which was first launched in 2007, has grown rapidly since then to become the top seller of Greek yogurt in the U.S.

- The company withdrew its products from British shelves last year, saying at the time that it wanted to relaunch later with local sourcing credentials.

bani launched their products in the U.K. in 2012. Fage has dominated sales of Greek yogurt in Britain under the "Total" brand for decades.

A judge ruled last year that Chobani's "Greek yogurt" label misled British customers, agreeing with Fage that products labelled Greek yogurt — which is

made by straining off the whey to achieve a thick and creamy texture — have to be made in Greece.

Justice Michael Briggs also granted an injunction preventing Chobani from labelling their product "Greek yogurt" in Britain.

Chobani appealed that decision, but a panel of three judges at the Court of Appeal dismissed it on Tuesday.

The company said it would appeal again, this time to the Supreme Court.

"We remain of the view that the population of the U.K. know and understand Greek yogurt to be a product description regardless of where it is made," it said in a statement. "We remain committed to the U.K. market and to breaking the monopoly on the use of the term Greek yogurt enjoyed by Fage."

THE ASSOCIATED PRESS

Neigh. Dutch find horse meat in beef products

The Dutch Foods and Wares Authority says it has "preventatively" blocked all shipments from a Dutch slaughterhouse after investigators found horse meat in four shipments labelled as beef products.

The agency did not identify the slaughterhouse, other than saying it was in the eastern province of Gelderland. It also said it could not tell from the slaughterhouse's records where the products containing horse meat may have been shipped.

The agency has blocked the movement of all 690 tons of meat in the slaughterhouse's freezers and refrigerators until Feb. 3, to give the slaughterhouse's management time to trace all meat shipments between Jan. 1, 2012, and Jan. 23, 2014. If the company cannot produce satisfactory documentation about where the products went, the slaughterhouse's meat will be recalled.

THE ASSOCIATED PRESS

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LONDON 2014 AWARD-WINNERS

metronews.ca
Thursday, January 30, 2014

VOICES

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A BRIEF HISTORY OF TOUCHDOWNS

It's time for the Super Bowl, the most-watched sporting event in North America and the only reason school children still learn Roman numerals.

Super Bowl XLVIII (or 18 1/2) is coming up this Sunday and it promises to be an exciting match.

The Denver Broncos have a 15-3 record and the league's top offence, but the Seattle Seahawks have a 15-3 record and the league's top defence, so both teams will likely stay in a zero-zero deadlock for hours, parrying every move with a perfectly mirrored countermove just like when superheroes fight their doppelgängers in movies.

We know all about the Big Game, but have you ever wondered how it got this way? No? Then don't read this History of the Super Bowl.

1966: PepsiCo and Kraft Foods create the Super Bowl as a way to sell more food and drink during the slow winter months. Advertisers create an elaborate backstory detailing the "history of American football" that, amusingly, many still believe.



HE SAYS
John Mazerolle
metronews.ca

1967: Super Bowl I is held in front of 4,000 screaming fans. Back then the ball weighed 25 pounds, helmets were made of papier-mâché, and no touching was allowed.

1968: Vince Lombardi coaches and wins his last big championship in Super Bowl II, just moments before he is killed in a tragic Gatorade-dumping accident.

1971: Quarterback Joe Namath is given official status as the Default Football Answer for Trivial Pursuit Players Who Know Nothing About Football, a title he will not relinquish until the rise of Joe Montana.

1972: The Miami Dolphins have a perfect season, making them the only 53 people alive with the right to cast the first stone.

1976: Half-time act University of Arizona Marching Band has a mass wardrobe malfunction, with nipples visible all over the place. The fiasco happens in the days before DVR, however, so viewers just say, "Did you see that?" and leave it there.

1986: William "The Refrigerator" Perry becomes the heaviest man to ever score a Super Bowl touchdown. His feat is less surpris-

ing when one realizes his background as a member of a daring, highly trained special-missions force whose purpose was to defend human freedom against Cobra, a ruthless, terrorist organization determined to rule the world.

1987: After a strike-shortened series, the Washington Redskins win the Super Bowl when running back John Riggins is the last man standing in an 858-man Royal Rumble.

1991: Reflecting musical trends of the day, frequent half-time performer Up With People is replaced for the first time by Down With Everything.

2008: The New England Patriots lose their first game of the season in the Super Bowl, sending a deluge of "Perfect Season" T-shirts to small villages in South America.

2013: For legal reasons, the half-time show is a lecture by U.S. Surgeon General Boris Lushniak on the dangers of traumatic brain injury.

What might happen this year? Who knows? But one thing is for certain: It's one of the best times of the year to "work" in journalism because between the game, the half-time show, the parties and the commercials, it's the one date when four non-stories (four!) fill the news cycle simultaneously. Touchdown!

ZOOM

Up Helly Aa!: Fire in the Shetlands



ALL IMAGES: JEFF J MITCHELL/GETTY IMAGES

Don'tcha wanna know why they keep starting fires?

Thousands of latter-day Viking warriors have descended on Scotland's Shetland Islands to celebrate Up Helly Aa, the largest fire festival in Europe.

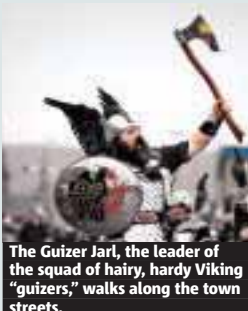
Held on the last Tuesday of January, the fiery event sees a replica Viking longboat being hauled through the streets of Lerwick to the edge of town



The origins of the event come from the early 1800s, when, following the Napoleonic Wars, Lerwick was the home of many returning soldiers and sailors, who were keen on burning things to celebrate.

where up to 1,000 paraders (known as the Jarl Squad)

throw their flaming torches into the galley. **METRO**



The Guizer Jarl, the leader of the squad of hairy, hardy Viking "guizers," walks along the town streets.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Though there's no shortage of music players or streaming services online, there's still just nothing that rivals the selection of good ol' YouTube. But if annoying ads, senseless playlists and clunky searching keeps you from tuning into YouTube's mega library, Chrome has come to the rescue. Still in beta, Streamus is a new extension that lets users stream from YouTube without ever having to actually go to YouTube.com. Here's how it works:

1: Once you've downloaded Streamus from the Chrome Web Store, type Streamus, then TAB, into Chrome's search bar followed by the song you want to hear.

2: Click the S icon on the right of your

browser to add songs and create playlists (don't need a Google/YouTube account!).

3: Once you've heard all your jams, enable the radio by clicking the Wi-Fi-looking icon at the bottom of the playlist.

Streamus

Twitter

A petition to deport



@justinbieber

from the U.S. gets more than 100,000 signatures, which means the White House has to formally respond. What should they do?

@55EYFD: Caveat Emptor America! He's your problem now.

@SCCASMOM how about they worry about the shootings at schools and work on their firearms law instead of focusing on a

spoiled rich kid?

@WillyRBeek they can do whatever they want, just so long as they don't send him back here!

@AEphotoWPG The US doesn't want him, Canada doesn't want him back. Somalia, perhaps? Beirut?

@justDarylD We'll take him back if they take Rob Ford

@Kossovian Sure! It would make all the Canadian Beliebers happy. Think of the income tax added to our government's coffers! #JustinBieber

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca



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Note: Consumer Choice Award apologizes to HRM Photography and The Windermere Manor for using the incorrect category listings in Tuesday's paper.

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LONDON 2014 AWARD-WINNERS

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SCENE

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Thursday, January 30, 2014

SCENE 2

Hop on the Gen Pop wagon

Two year anniversary.

You may have seen the posters from the non-profit organization that hosts monthly trans and queer events in London



BACKSTAGE PASS

Mila Petkovic
london@metronews.ca

There's been posters around town showing two interracial Wonder women engaged in a steamy embrace, or a Batman and Robin sharing a kiss or someone licking the forehead of someone else (genders unknown).

They come from the brains of General Population, or Gen Pop, a not-for-profit grassroots collective that hosts monthly trans and queer events in London, now celebrating its two-year anniversary with a party on February 8.

"Whether you love or hate the posters, it doesn't matter," says DJ and organizer Geoff Bardwell. "The whole idea is, it gets people to challenge their preconceived notions of sexuality or gender."

Gen Pop was started to create an alternative safe space for people who don't identify with the gender-normative social settings of other bars. It also provides another option to the one gay bar in town.

The event rotates between dance nights, film screenings, trivia contests, drag and burlesque performances and live music. The crowd is a mixed bag, ranging from teens to people in their 60s, depending on the night, says Bardwell, a Western doctoral student writing his thesis on



People hang out at a Gen Pop celebration. Gen Pop is a collective that hosts monthly trans and queer events in London. CONTRIBUTED

LGBTQ community-making in London.

"What makes our event unique is the fact that when you come, you can meet and talk to people because the music isn't extremely loud," he said. One of the art installations to be featured on Saturday is a wall-sized interactive map of London, where participants are encouraged to pen their coming out stories, first kisses and trans or queer presence.

As much as the night is fun and games, it is also a political project.

"Just because gays can now marry does not mean that our social, political, and economical needs have been met," reads the group's

description on its Facebook page.

"Canadian society has come a long way in being accepting of certain societies. But someone walking down the street holding hands is still not totally accepted," says Bardwell.

And the collective's name comes with its own connotations. "In the '80s and '90s queers were referenced in comparison to the general population. So in a sense, by naming our nights this (Gen Pop), we are claiming the name as our own and showing how we are the general population — in the diversity of gender and sexual identities that our community entails," says Bardwell.

Around town

- **Gig for a good cause.** Help the London Food Bank by attending Punks for Food, featuring The Filthy Radicals (7" Release), The Rowley Estate, Captain Bringdown and more at The Black Shire Pub (511 Talbot St.) on Saturday. Doors open at 9

p.m. Admission is \$5 with a non-perishable food item.

- **Triple band bill.** Biblical, We Hunt Buffalo and The Unreal play Call the Office (216 York St.) on Friday. Doors at 9 p.m. Admission is \$5.

Gen Pop's two-year anniversary party takes place Saturday, Feb. 8 at The APK (347 Clarence St.) at 10 p.m.

The all ages, pay-what-you-can event features DJs Patrick the Bunny and Boyfriend Material, as well

as interactive art stations, queer decor and a make-out booth. Anyone with a queer-positive attitude is welcome. All proceeds go to Open Closet, a social support group for LGBTQ youth in London.

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Director weaves comic book storylines with harsh realities



Rhymes for Young Ghouls is Jeff Barnaby's first feature film. It opens on Friday in Toronto. CONTRIBUTED

Real life villains. A Mi'kmaq teen in the residential school system takes revenge in Jeff Barnaby's *Rhymes for Young Ghouls*



RICHARD
CROUSE
scene@metronews.ca

Writing in the Toronto International Film Festival program book, Steve Gravestock said *Rhymes for Young Ghouls* plays, "as if an S.E. Hinton novel were re-imagined as a righteously furious, surreal thriller."

The self-assured debut feature from director Jeff Barnaby is the story of Aila (Devery Jacobs), a Mi'kmaq teen who is guided by the spirits of her departed mother and brother to exact revenge against a vicious Indian Agent named Popper after she is thrown into the reserve's residential school.

"I think the idea behind what we were doing was to show the enormity of what went on," says Barnaby. "You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened. Most of the re-

views have been astoundingly positive but the couple of bad ones that we've gotten have complained about the Popper role, and how over the top it is and how he is like this moustache twisting villain, but if you know the history, these guys had to have existed.

"I suppose you could be polite about saying, 'You can't leave the reserve and you can't go find work and you have to live in this poverty, and by the way, you have to give us your kids.' I'm sure there was an Indian Agent or truant officer somewhere who was really cool about it but at the end of the day these are the acts of evil men."

It's a pop culture savvy movie; a work Barnaby calls "a cinephile's film." A pop culture sponge himself, he says years of influences came together in the making of *Rhymes for Young Ghouls*.

"I grew up being saturated in everything, comic books, books," he says. "My stepmom was going to university at the time so she was bringing home all these great books, like Eng-

lish poetry, T.S. Eliot and Robert Frost, so I began to appreciate art at a very early age."

Near the top of the influence list are Batman and Conan the Barbarian.

"They are both anti-heroes but they share this idea of not being above physical violence in order to rectify a situation," he says. "They both lost their parents, they're both vigilantes particularly with Conan we follow the storyline of the first Schwarzenegger movie—a religious cult comes along and destroys his family and he goes searching for them and destroys the cult. That is more or less the model we used for *Rhymes* although very loosely, in the way Scorsese says he used *The Searchers* for *Taxi Driver*."

He also cites Scott Hampton's *The Upturned Stone*, Dashiell Hammett's *Red Harvest* and Chuck Palahniuk's *Fight Club* but adds the influences go "through all these filters and by the time it hits the screen what you are trying to emulate has turned into something completely different."

Quoted

"You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened."

Jeff Barnaby, director of *Rhymes for Young Ghouls*

Indigo bestsellers

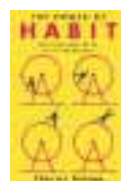
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1. THE INVENTION OF WINGS Sue Monk Kidd

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2. THE POWER OF HABIT Charles Duhigg

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist, and how this new science can transform our lives. Weeks on List: 4

This Week

Weeks on List

- | | |
|---|---|
| 3. MY JOURNEY Olivia Chow | 2 |
| 4. THE DEMONOLOGIST Andrew Pyper | 3 |
| 5. LIFE AFTER LIFE Kate Atkinson | 4 |
| 6. COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary | 4 |
| 7. JOYOUS HEALTH Joy McCarthy | 3 |
| 8. THE DEAD IN THEIR VAULTED ARCHES Alan Bradley | 3 |
| 9. ALL IN Arlene Dickinson | 4 |
| 10. DUTY Robert M. Gates | 2 |
| 11. STOP OVERTHINKING YOUR MONEY Preet Banerjee | 4 |
| 12. THE POUND A DAY DIET Rocco Dispirito | 4 |
| 13. FIRST LOVE James Patterson | 3 |
| 14. THE START HERE DIET Tosca Reno | 4 |
| 15. HAZARDOUS DUTY W.E.B. Griffin | 4 |
| 16. DARK WOLF Christine Feehan | 4 |
| 17. THE CONFIDENT MOM Joyce Meyer | 2 |
| ★ 18. DARK BITES Sherrilyn Kenyon | 1 |
| ★ 19. DEADLINE Sandra Brown | 1 |
| ★ 20. ALL JOY AND NO FUN Jennifer Senior | 1 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending February 3rd

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Winslet's roles all labours of love

Labor Day. Actress and mother of three has a knack for making brokenness and vulnerability sensual

Before a reporter has barely entered the room, Kate Winslet has defused any formality. After shedding her heels, she announces her exasperation about actors (especially herself) talking about themselves.

"Don't you find yourself nodding off and going, 'Here they go again?'" she asks. "I know that I love my job. I (expective) hate talking about how much I love my job because how can you talk about that without sounding really indulgent?"

She may be a regular honoree at awards shows and a constant presence in prestigious projects from *Sense and Sensibility* to *The Reader*. But Winslet, who grew up in a large, working-class family



Kate Winslet stars in *Labor Day*, which opens Friday. CONTRIBUTED

outside London, has an uncommon candour and easy uninhibitedness that has made her both an engagingly down-to-earth personality and a naturalistic actress with quick access to deep

emotions.

Winslet was seven-months pregnant at an interview last September at the Toronto International Film Festival, where she debuted *Labor Day*, a Jason Reitman-directed

drama opening in theatres Friday. In December, she gave birth to a boy, her third child and first with her third husband, Ned Rocknroll, the nephew of billionaire Richard Branson. (Winslet has a child with each previous husband, Sam Mendes and Jim Threapleton.)

Parenthood was a particularly obvious conversation subject for Winslet, not just because she was pregnant at the time, but because she has recently strung together a series of memorable, varied portraits of motherhood. It's no coincidence, she says.

"I have been a parent since I was 25," says the 38-year-old Winslet. "That's a large chunk of my adult life. Mother or father, it transforms you completely."

In *Labor Day*, based on the Joyce Maynard novel, she plays a single mom, Adele, with a 13-year-old son (Gatlin Griffith) in a small New England town. An escaped convict (Josh Brolin) upends their domestic life when he kidnaps them and hides out at their house. But it's not terror that follows: The convict is a gentle, welcome presence in a home that has lacked for a man. Left by her husband after several miscarriages, Adele had turned into a virtual shut-in, but is slowly awakened again by an unlikely love.

It's a clear career pivot toward drama for Reitman. But he also sees a commonality in a tale of a kind-hearted convict following films about a big-tobacco lobbyist (Thank You for Smoking), a pregnant teenager (Juno) and a guy who fires people for a living (Up in the Air). "These apparently are

Mum's the word

As a mother of three, Winslet is no stranger to playing mom. But she's also tackled plenty of complex matriarchal roles. Here's a few.

- **Little Children (2006).** Winslet plays an unhappy stay-at-home suburban mom drawn to a neighbourhood father.
- **Revolutionary Road (2008).** She struggles as an expectant mother in a loveless marriage.
- **Mildred Pierce (HBO miniseries 2011).** Winslet is a divorced single mom trying to open a restaurant business in the Depression era.

when I was going through my divorce with Sam. Anyone who's been through divorce will know that every day is really hard. There were days on *Mildred* where I would just think, 'I actually don't know how I'm going to get through this day.' Somehow, I think, because the character I was playing was actually my life, it was almost like therapy."

Winslet's acting, though, has been fueled by being an outlet from her more humble day-to-day life.

"As an adult and a parent, when I'm not acting, I'm not acting," says Winslet. "I'm being a parent and I'm on the school run and I'm sewing labels onto socks. That's what I'm doing. So when I do it, it's just such a treat. It's such a privilege and such a pleasure. It's almost like my time. It's the one thing I do that's marked for me."

For her previous children, Winslet largely cleared out her schedule entirely, deciding when to dive back to work after birth. Now, though, she says she has to carefully plan every film far in advance, scheduling around her kids. Also, the *Titanic* star adds, "I can't leave it perhaps as much to chance as I was able to in my 20s when I was, I think, much louder and exploding in so many ways."

She has several films upcoming, including the anticipated young-adult dystopian adventure *Divergent* (she plays the villain) and the Alan Rickman-directed *A Little Chaos*, about a pair of landscape gardeners who compete to create a fountain at Versailles. With family life making her particularly selective, she says she's especially motivated to avoid anything "workaday": "I never want to have that feeling," she says.

"For me, the stakes get higher because I do so little," says Winslet. "I do absolutely want to feel absolutely stretched and pulled and chewed and spat out and trodden on — all of those things. It's my big burst of creativity and I want to be able to make the most of those moments."

THE ASSOCIATED PRESS

my heroes," he says.

Reitman wrote the screenplay from Maynard's novel with Winslet specifically in mind, and waited a year for her schedule to open up. (He filled the gap with *Young Adult*.)

"I don't know another actress who knows how to deal with this kind of brokenness and vulnerability and make it so sensual," says Reitman. "There are a lot of actresses who can play broken people, but she does it without judging them. She does them and allows them to bloom at the same time."

Though playing a mother in movies often means being relegated to the outskirts of the drama, Winslet's characters have had lives that aren't defined solely by children, but remain passionate, complicated individuals.

But the HBO miniseries *Mildred Pierce* was Winslet's greatest examination of motherhood. She played a striving, Depression-era woman separated from her husband and heartbroken by a spoiled teenager daughter.

"That film kind of almost saved my life," says Winslet. "It came along at a time

Quoted

"There are a lot of actresses who can play broken people, but she does it without judging them. She does them and allows them to bloom at the same time."

Director Jason Reitman on Kate Winslet's ability to play complex characters

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Mother Up!

Eva Longoria is loving her new animated series, claiming the animation gives the stories 'more of an edge'

Eva Longoria says she's hoping to inject a little female energy into the world of animated television.

The former *Desperate Housewives* star says it's one of the reasons she's now doing the animated series *Mother Up!* for City.

"I've never done a full animated series before. I've done some voice-over work and I thought, 'Oh my God, this would be so much fun to do,'" Longoria said last spring during a stop in Toronto to promote the largely Canadian-made comedy.

"They approached me with the idea of having a female-oriented show, which is non-existent in anima-



Mother Up! airs Thursdays at 9:30 p.m. on City. THE ASSOCIATED PRESS FILE

tion.

You know, you have the *Family Guy*, you have *American Dad*, you have *The Simpsons*, and so there was like a void of female energy

within the space."

In *Mother Up!*, Longoria provides the voice of lead character Rudi, a high-powered Manhattan music executive who is forced to leave

her job when a public relations scandal erupts.

She decides to flee to Wiltondale, Canada until the heat dies down, and dedicates herself to becoming a

Quoted

"You can do more in animation than you can in live action."

Eva Longoria on the creative freedom that *Mother Up!* offers

full-time suburban mom to her two kids.

Needless to say, the transition is not smooth. Although the hard-drinking, foul-mouthed Rudi is a shark when it comes to juggling needy celebrities and aggressive media reporters, she's a disaster among little ones.

"She thinks her business skills should transfer over to the parenting skills and she doesn't know why it's not working. She really isn't cut from the mom cloth," said Longoria, who also serves as an executive producer.

The cast includes Jesse Camacho of *Less Than Kind* and Rebecca Husain as Rudi's children Dick and Apple, while Gabrielle Miller of *Corner Gas* and Clé Bennett of

Flashpoint provide the voices of Rudi's pals.

The show was developed by Rogers Media and co-produced by Canadian companies Breakthrough Entertainment and Bardel Entertainment, in association with U.S.-based Mass Animation.

The series is available in the United States through the digital streaming service Hulu.

Longoria said working in animation allows for stories with "more of an edge."

"You can do more in animation than you can in live action," said the petite brunette, whose beleaguered character Gaby on the sudsy *Desperate Housewives* weathered her share of outrageous trials.

"All the themes and content that we deal with has been heightened because it's an animated show. So we're kind of allowed to do that, which is a lot of fun to be able to do, push the envelope in an animated form."

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Pitching the procedural for dark drama

19-2. Montreal-based police drama was a smash hit in its original French form

Helming a TV show based on an established hit brings with it certain pressures, admits veteran actor Adrian Holmes.

But the star of Bravo's new cop drama 19-2 says he's eager to introduce anglophone audiences to the gritty world of Montreal beat cops grappling with issues on-and-off the job.

His new hour-long venture is an English-language remake of the Quebec series of the same name, and Holmes says pains were taken to maintain the unique sensibilities that made the French-language version a smash.

That means refraining from typical police procedural formulas that revolve around a crime-of-the-week, and focusing instead on a slow-burning, character-driven saga where conflicts explode from the unexpected.

"It's not just about the calls that they get sent out on, they're battling with their issues that they go through on their day-to-day as well as the calls," Holmes says in a recent interview from Vancouver, where he was working on his other regular shows, the sci-fi series Continuum and the vigilante drama Arrow.

"Every episode is (about): How much further have they developed? And have they



From left, actors Jared Keeso and Adrian Holmes star in 19-2. CONTRIBUTED

grown and evolved through all their stuff?"

Holmes praises writers for applying a subtle touch to clashes ranging from deadly showdowns to bitter office politics, an approach that he says makes room for silences and simple banter, and "a real-life kind of energy."

Holmes stars as battle-scarred patrol officer Nick Barron, who has just returned from a three-month leave after witnessing the brutal shooting of his partner. Whether he's actually ready to return to the job is up for debate.

"He wants to do the right

thing, he really means well, he's got such a great heart but because of his upbringing he didn't have all the tools that he needed to ... handle the obstacles that were thrown at him," Holmes says of the volatile Nick.

"To be able to play a character like that is just a real treat and a great workout for an actor."

The day Nick returns, he's partnered with Ben Chartier, a by-the-books smalltown cop who has just moved to the big city. It doesn't take long for the decorated newcomer, played by Jared Keeso, to inadvertently

find himself in hot water with superiors, co-workers and suspects.

Keeso says he knew the series was special the moment he read the script and discovered how dark it was willing to go.

"I thought that it was something that you don't really see a lot of on Canadian TV," Keeso says of the myriad minefields each cop must negotiate while patrolling the downtown's 19th district, in cruiser No. 2.

"It's one of those shows (where) you get into the pocket and then you stay there. In trying to capture the truth of the job we don't offer a wink and

Watch it

- **Time and date.** 19-2 airs Wednesday on Bravo and repeats Thursday on CTV.

nudge to the audience, we get into that dark place and we stay there."

The 29-year-old Keeso says there's a lot to live up to in tackling a beloved TV property. He says he expects Quebec viewers will be tuning in to check out how the English version measures up.

"They want the show to be good — obviously they don't want us to screw it up — but they also don't want it to be better. Of course, that's what we're aiming for, you know."

Benz Antoine reprises his role from the francophone series as troubled beat cop Tyler Joseph, while Continuum's Bruce Robert Ramsay is manipulative District Commander Marcel Gendron and Heartland's Maxim Roy plays Det. Isabelle Latendresse, Nick's estranged wife.

The calls these cops go on appear mundane on the surface, says Holmes, but just as in real-life, they occasionally explode into mayhem. That randomness lends a constant undercurrent of unease, mirroring the relentless pressures average cops endure on the job.

"The Montreal police are huge fans of the French show because it's a very accurate depiction of cop life," he says. "It's

Quoted

"They want the show to be good — obviously they don't want us to screw it up — but they also don't want it to be better."

Actor Jared Keeso on remaking a popular TV show

not over-dramatized, it's a realistic tone."

The French-language version debuted on Radio-Canada in February 2011, going on to average more than a million viewers in Quebec per episode, notes Bell Media. Season two launched in January 2013 and producers say a third season is in pre-production.

The English version was originally developed for the CBC, but was picked up by Bravo's parent Bell Media when the public broadcaster decided not to order a full run.

Keeso says having the show air on Bravo means they can push the envelope more than possible on conventional channels.

"We can get away with a little bit more. I think that some of our content might not be appropriate for a CTV audience, some shocking moments and some F-words are thrown in there as well," says Keeso, who has a nude scene early in the series, and notes that a startling shooting ignites the first episode. "We try to be really hard-hitting."

THE CANADIAN PRESS

Clothes maketh the man (and woman) on Suits

It's not surprising that clothing would play an integral role for a TV series, especially when it's named Suits.

The Toronto-shot show about a high-powered law firm has become hugely influential in the real world, with fans emulating the skinny ties of the lawyer Mike Ross (played by Toronto's Patrick J. Adams) the power pinstripes of Harvey Specter (Gabriel Macht) and the pencil skirts of Rachel Zane (Meghan Markle).

"It's kind of funny, because I get asked all the time what kind of paralegal can afford a Tom Ford skirt," said Markle. "The wardrobe is incredible. One day you're wearing Zac Posen, and the next day you're in Yves St. Laurent."

Markle says she shops regularly in Toronto at fast fashion stores such as Zara so it was a "nice shock" when she was

Viewing info

- Watch Suits online at bravo.ca.

Perks of the job

"I like to borrow from Rachel's closet for a great night out and then I give it right back."

Suits actress Meghan Markle

given such an expansive wardrobe.

"To be honest, I've been coveting a few things," she laughs. "Rachel has this beautiful Yves St. Laurent purse in this aubergine color and quite a bit of Burberry and Gucci and a couple coats that I love."

The men also get to wear plenty of Burberry and Tom Ford.

"It's part of the character," said Adams recently at the Television Critics Association conference. "It's how your posture changes when you have to wear a suit every day. You go into a room and switch it on just be-

ing in those clothes alone. It's like putting on a suit of armour and doing battle." Actor Gina Torres, who plays Jessica Pearson, the head of the firm, says she is constantly being told by real life lawyers that they would love to work at her firm.

"I keep telling them, have they actually seen the show?" said Torres. "Really, if we have an impact on how people are dressing and we don't have to see ass crack, we have done our job," said Torres to laughter.

TORSTAR NEWS SERVICE



The impeccably-dressed cast of the Toronto-shot TV show Suits. CONTRIBUTED



Madonna ALL PHOTOS GETTY IMAGES

Make way, yet again, for Madonna

Madonna's not done with her recent string of public appearances — she also has signed on to introduce members of Pussy Riot at Amnesty International's human rights concert in New York. The pop singer made the announcement Wednesday morning on social media. She's been busy of late, appearing on Sunday's Grammy Awards with Macklemore &

Ryan Lewis and singing with Miley Cyrus during an MTV Unplugged taping Tuesday. Madonna says in a statement that she admires Maria Alyokhina and Nadezhda Tolokonnikova. They were recently released after nearly two years in jail following a conviction for hooliganism when they staged a protest in a Russian church.

THE ASSOCIATED PRESS

The curious ask George

George Clooney indulged fans in a raucous Reddit AMA ("ask me anything") session, and some of his answers were quite revealing — if not entirely serious — especially when it came to good pal Sandra Bullock, who is "an incredibly charming woman who's really just fun to hang out with. Very smart and centered, even though she does drink a lot," he wrote. "It's tricky because Sandy drinks so much that oftentimes it's just hard to keep her upright." Also worth clearing up? The idea that Clooney has



George Clooney

"lonely eyes," which he disputes — sort of. "I actually have only one lonely eye. The other eye's got nothing but friends," he replied.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Grant, in the case of many babies, Hugh are the father!

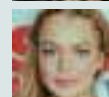
Hugh Grant is creating quite the army of heirs. It's already been reported that the Love Actually star fathered two children, one in 2011 and one in 2012, with a secret girlfriend, but now sources claim he had another child

in 2012 by another woman, according to the Sun. Grant's identity as the father of Swedish TV producer Anna Eberstein's child was kept secret until December, when the one-year-old boy's birth certificate was re-registered with Grant's name on it. "Anna is being supported by Hugh all the way," a source says. "She lives in a very comfortable property and knows that Hugh is there for her. Anna's parents in Sweden know all about the relationship and she has their blessing."

Twitter



@ricky_martin
My friend, it's all about learning, it's all about growing. Don't stop.



@lindsaylohan
snow adventures!



@Mruff221
My 8 Yr old's response to Presidents plan:fight Climate Change, push more Fossil Fuel Extraction,"that doesn't sound very smart."

Grab the no-name tea and crumpets this time



Queen Elizabeth II

It looks like Buckingham Palace is facing a financial crisis of its own. According to a report by the Commons Public Accounts Committee, Queen Elizabeth II and the rest of the royal family are "spending above their

means and dipping into the reserves. The balance now stands at an all-time low." So naturally some cost-cutting measures are being considered. "The Queen is always looking for ways to cut back," CNN's Victoria Arbiter says. "I think they are going to have to look at ways they can get creative in that way, whether that is opening up more palaces or more private rooms or more areas that have not been open to the public before."

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Stock style is on the rise



As the star of *The Wolf of Wall Street*, Leo gave us a look into the rich man's closet. CONTRIBUTED

Man à la mode. In homage to infamous banker Jordan Belfort, we've put together the '90s cut. It's time to take a gamble in the broker's best.

RICHARD PECKETT
Metro World News



Alden

leather penny loafers, \$829, browns-fashion.com



Ben Sherman

paisley tie, \$70, bensherman.com

Paul Smith London

Kensington slim-fit pin-stripe suit, \$1,690, mrporter.com



Nixon

The Spur, \$300, nixon.com

Trends Report

Valentine's 2015 is going to be a special day for many of you — that's the release date for the *Fifty Shades of Grey* movie! Even if you're not a fan of the erotic novels, grey-toned fashion and accessories are expected to be a huge trend this spring. Go online to Trends Report and see how you can look sexy in many shades of grey.

- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report



Canadian street style

Spotted in: Vancouver

Name: Anna Kosturova

Age: 45

Occupation: Clothing designer

What she's wearing: Scarf by Isabel Marant for H&M, coat from Aritzia, shoes and bag from All Saints, jeans from GAP, shirt from Joe

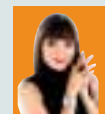


Fresh, sunglasses from H&M.

Her inspiration: "Classic with a twist of rock 'n' roll"

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Feet up+toes ready! Prepping for tomorrow's "shoe shoot" +getting excited about my cool new collection this spring.



Gonna miss my girl! My @Chanel Brick Bear is going off to @DesignExchange for #ThisIsNotaToy curated by @Pharrell

Top tips for the home handyman

Learn from the pros.

Celebrity contractors share some pointers to help you with your next DIY project

There are all sorts of jobs around the house you can do yourself, but some tips from the experts will make these tasks quicker and easier. Go beyond the usual "measure twice, cut once" advice with these quick tips from celebrity contractors and HGTV stars Scott McGillivray and Bryan Baeumler.

- If you're trying to square up a corner, use the Pythagorean theorem.
- A tip for trim: Measure all of your walls first and note the measurement at the bottom of the wall as it will eventually be covered by the trim. Then cut all of your trim at once with a good mitre saw. This is a much faster process than measuring and cutting one wall at a time.
- When you're installing casing around a door or window, your first piece should be nailed in the middle, leaving the end open. By not fastening the starting piece from the beginning, you allow for room to adjust it when it joins with the last piece of casing.
- When installing studs in the wall, mark the crown on all of them to ensure that you don't have flex in opposite directions. It's up for debate whether it's better to crown



When installing laminate flooring, install the first four or five rows first without joining them to the wall, say celebrity contractors. ISTOCK

- in or crown out — but it's agreed that they should all be in the same direction.
- Acclimatize your materials. If you're working in the winter and the flooring you plan to use has been sitting in the garage, make sure to bring it inside to sit for at least 48 hours before use.
- When you're installing laminate flooring, install the first four or five rows first without joining to the wall. This gives you enough of a base to sit or kneel down in order to complete the remainder of the floor.

- If you're painting a room with a roller, always move the direction of your painting towards the arm of the roller. The arm side is the side with the most pressure on it, often causing lines in the painting. The side with less pressure will get rid of the lines in the paint that it creates.
- If you are tackling a back-splash project, it often comes close to electrical outlets. Be sure to turn off the breaker before starting the tiling, as a wet sponge and a live outlet is not a good combination for your kitchen DIY.

- When installing drywall, always work top to bottom. Cut and install the ceiling first



From left, Scott McGillivray, Paul Lafrance and Bryan Baeumler appear on Canada's Handyman Challenge. CONTRIBUTED

and move your way down. Working this way ensures the clean lines are at the top, while the messier lines will be at the bottom of the wall, eventually covered by the baseboards.

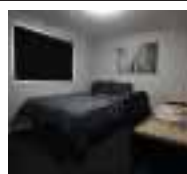
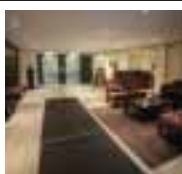
- Always maintain your tools. For instance, before cutting trim be sure to square up the fence on your saw with a framing square. While cutting the trim, every hour or so stop and vacuum out the corner pieces and end cuts to avoid pieces flying at you.

Handyman Challenge

- Watch celebrity contractors and HGTV stars Scott McGillivray, Bryan Baeumler and Paul Lafrance judge amateur handymen in projects ranging from catapults to rocking horses in an all-new season of Canada's Handyman Challenge, airing Tuesdays at 10 p.m. ET/PT on HGTV Canada.

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PER BATCH

“Compared to fries, when hand-dipped and made to order, onion rings are difficult for a restaurant to manage well,” writes David Ort in *The Canadian Craft Beer Cookbook*. “I’ll be honest that these aren’t an everyday recipe for me, but if you’re going to indulge, make sure you do it right.”

“Surrounding hot slices of onion, the banana, orange and clove flavours in the witbier will brighten and concentrate. I use red onion for this recipe because I’m a bit of an oddball. Spanish onions are more traditional and are a good choice if you can’t find a big enough (noticeably larger than your fist) red onion.”

1. Lay out two cookie sheets and place a wire rack on each. This rig will work both for letting excess batter drip away and to cool the rings once they come out of the hot oil.

2. Set a Dutch oven over medium heat and fill with 2 inches (5 cm) of oil. Heat the oil to 375 F (190 C).

3. Pour the cold beer into a medium mixing bowl. Use a fine-mesh strainer to sift the flours into the beer. Add baking powder and salt, and mix to combine, but be careful not to overmix. Put slices of onion in



This recipe serves four to six. PHOTOS ROBIN SHARPE, FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS)

a resealable bag or lidded container with the 2 tablespoons (30 ml) of rice flour and shake to coat the onion lightly.

4. Use tongs or chopsticks to transfer onion pieces from

flour to batter and then to the racks set over the cookie sheets, where excess batter can drop off.

5. Carefully transfer the battered rings to the hot oil and

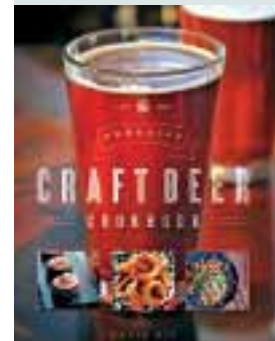
continue to monitor the oil’s temperature. Work in batches that are small enough to not crowd the pan. Cook for 2 to 3 minutes a side or until rings are deep golden brown. Hold cooked rings on a clean wire

rack while you fry subsequent batches. Season the rings with fine sea salt immediately after they come out of the hot oil.

RECIPES EXCERPTED FROM *THE CANADIAN CRAFT BEER COOKBOOK* (WHITECAP BOOKS) BY DAVID ORT

Cookbook of the Week

You love to drink it, now cook with it



Craft beer has soared in popularity and now David Ort offers an introduction to it and a broad range of recipes that use craft beer as an ingredient.

The Canadian Craft Beer Cookbook includes starters and snacks, noodle and rice dishes, seafood, meat and poultry; and even beer cocktails, sweets and desserts.

Each recipe includes a recommendation for a specific Canadian craft beer as the beer ingredient.

Among the recipes are: Tabbouleh, Clam Chowder, Jerk Chicken, Lamb Shank, Brownies, Rice Pudding and more. **METRO**

Ingredients

- 5 cups (1.25 l) peanut or rice bran oil
- 1 cup (250 ml) witbier, cold
- 2 oz (60 g) all-purpose flour (about 1/2 cup/125 ml)
- 2 oz (60 g) rice flour (about 1/4 cup/80 ml) plus 2 tbsp (30 ml) for dusting rings
- 1/2 tsp (2.5 ml) baking powder
- 1/4 tsp (1 ml) fine sea salt
- 1 large red onion, cut into 3/4-inch (2 cm) slices



Dreaming of warmer days? This beer, which serves one, is reminiscent of summer.

Drink. Radler

“This cocktail comes with an amusing back story,” writes David Ort in *The Canadian Craft Beer Cookbook*. “In 1922 the owner of a country pub outside of Munich is overrun with a crowd of ‘bikers’ so large that he worries he’ll run out of pilsner. Thinking quickly, he cuts the beer with sparkling lemonade and everyone goes home happy.”

“Great yarn, but the drink was probably invented by 1912 and ‘radler’ is German for cyclist. Some sources allow the use of lemon-lime soda like 7UP or Sprite, but I really think it pays to find a sparkling lemonade that isn’t quite as sweet. Mak-

ing your own sparkling lemonade is also a great excuse to use that seltzer maker you bought years ago and haven’t used since the novelty wore off.”

1. Chill both the lemonade and beer very well. Combine in equal proportions and serve in large mugs or tall glasses. Garnish with a lemon wedge.

Ingredients

- 2 cups (500 ml) sparkling lemonade
- 2 cups (500 ml) pilsner
- lemon wedge, for garnish

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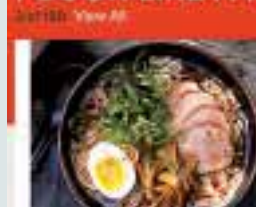
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'He probably saved my life'

NBL Canada.

Lightning head coach Richardson reflects on relationship with David Stern, with NBA commissioner's retirement days away



DAVE
LANGFORD
dave.langford@metronews.ca

NBA commissioner David Stern will be retiring Saturday, 30 years to the day after taking on the job.

But that will not signal the end of a special relationship between London Lightning head coach Micheal Ray Richardson and the 71-year-old commissioner.

It was a relationship by necessity.

Back in 1986, the commissioner suspended Richardson, then an outstanding guard with the New Jersey Nets, after he tested positive for cocaine use.

He was the first active player to receive a lifetime ban under the league's anti-drug policy and eight more players would follow in the next nine years.

The Richardson ruling even made this week's Los Angeles Times list of the 30 biggest events of David Stern's tenure. Stern has been quoted in the past saying it was the toughest decision in his career.

But that was then, and the relationship came full circle in 1997 after Richardson had a chance meeting with Stern at an NBA exhibition game in France. Richardson was playing professional basketball in Europe at the time.

"I wanted to be clear with him that I understood that it was something he had to do because I put him in that



NBA commissioner David Stern, who has a long history with Lightning head coach Micheal Ray Richardson, is set to retire on the weekend.

MIKE YOUNG/GETTY IMAGES

situation, so I take full responsibility for it," Richardson said Wednesday.

"Really he probably saved my life because he took something from me — or I took it from myself — that was drastic and something I worked so hard for and he made me open up my eyes and I think that was a big, big part of my recovery."

From that point on, Stern and Richardson forged a relationship that continues to this day.

They have each other's personal cell numbers and Richardson called Stern's office from the Metro office Wednesday when it was mentioned that Stern only had three days remaining on

the job.

"He's a friend, he's a father figure, he's been unbelievable in my life," Richardson said. "He opened my eyes up to what I was doing that was wrong and he's been a big, big plus in my life. He's given me opportunities all over the world."

Richardson said he will reach out to Stern in the next few days.

"I would like to have him come up here," Richardson said. "His schedule is probably so busy, it's going to be difficult. But I would love to see him come up (to London) and watch one of our games in front of 8,000 or 9,000 people. That would be unbelievable."

Mid-season tryouts

Lightning bring four players in

The London Lightning have brought in four players on tryouts during the team's nine-day hiatus between games.

"There is no secret we need some scoring power off the bench, and we need some defensive toughness," Lightning general manager Taylor Brown said.

The four are Zane John-

son from University of Hawaii; Matt Humphrey from West Virginia and Boston College; Stephon Carter from Cal State Bakersfield, the leading scorer in the history of that school; and Donald Johnson, 6-8, 210 pounds, also from Cal State Bakersfield.

There are now 15 players with the team. Only 12 are allowed to be signed and in uniform.

"We will see what happens in the next five days of practice, and no quick decisions will be made," Brown said.

'Highlight of the schedule.' Mustang Days return to Western this weekend

The Mustang Days celebration is back.

After a multi-year absence, the traditional winter celebration of Western Mustangs athletics returns to the Western University campus this weekend.

There will be 11 home games involving eight different teams and multiple special events scheduled over the three days.

"Mustang Days was always a highlight of the Western schedule in the past, not only for student athletes and coaches, but for the entire London community to come and experience our different sports," Western's director of sport and recreation services Therese Quigley said.

It begins Friday as the Mustangs women's hockey team hosts its first home game of the year.

Fans will be able to purchase a weekend pass at the Western Student Recreation Centre to see all games.

Saturday is by far the busiest of the three days with seven games on the schedule, beginning at 9 a.m. with the wrestling team hosting the Western Open in Thames Hall and concluding with men's volleyball against York at 8 p.m. in Alumni Hall. **DAVE LANGFORD/METRO**

Schedule

- **Friday.** Women's hockey (Ryerson at Western), Thompson Arena (TA), 7 p.m.
- **Saturday.** Wrestling (Western Open), Thames Hall, 9 a.m. Women's basketball (Waterloo at Western), Alumni Hall (AH), 1 p.m. Men's basketball (Waterloo at Western), AH, 3 p.m. Women's hockey (Toronto at Western), TA, 4 p.m. Women's volleyball (York at Western), AH, 6 p.m. Men's hockey (Guelph at Western), TA, 7 p.m. Men's volleyball (York at Western), AH, 8 p.m.
- **Sunday.** Women's volleyball (Nipissing at Western), AH, 1 p.m. Men's volleyball (Nipissing at Western), AH, 3 p.m. Women's hockey (Windsor at Western), TA, 4 p.m.

4 SPORTS

Slalom. Water? Snow? Mielzynski can ski on it

Canada's Erin Mielzynski loves being on skis — either on water or the slopes.

She's in her seventh year on the national alpine team but part of her foundation in the sport was built during her younger days when she'd water-ski on the lake at her family cottage.

"That's what we did five times a day, every day of the summer," the Guelph, Ont., native said. "That's what I loved doing. I was more trained as a water-skier."

It was on the water where Mielzynski developed the "twitch muscles" that have served her so well on snow. She would often focus on trick skiing and try to squeeze in as many moves as possible in a 20-second run.

That training helped her when she made the full-time transition to skiing on snow.

"Slalom is a very fast twitch, you do more than a gate a second and that's I think why I started to excel," she said in a recent interview. "I can find the rhythm of a course and create the power that's needed in that quick second."

Mielzynski skied the slopes of Georgian Peaks as a youngster, not far from her current hometown of Collingwood, Ont. She tried all the alpine disciplines in her formative years but really excelled at slalom.

"People noticed more talent there I think, more natural talent," she said. "So that's



Erin Mielzynski
GETTY IMAGES FILE

what I focused on. Now I'll bridge back out to what I was doing before too. I'll use what I've learned in my slalom to get better in the other events. That's how I made the team and so we stuck with that for a few years."

Mielzynski, now 23, water-skied at an elite level as a teenager. She competed in the junior world championships in 2006 and won silver in the jump competition.

Two years later, she got word that she had made the national alpine ski team.

"So I made the switch over and I gave (water-skiing) up cold turkey."

Mielzynski made her World Cup debut in the 2009-10 season and made the Olympic roster for the Vancouver Games. She feels the experience that came along with her 20th-place result will serve her well in Sochi. **THE CANADIAN PRESS**

Zigging and zagging to the podium

Erin Mielzynski had a breakout 2011-12 season. She won gold in Osterschwang, Germany, to become the first Canadian since Betsy Clifford in 1971 to win a World Cup

women's slalom race.

- She followed that up the following season with a World Cup bronze in Zagreb, Croatia.

This Super Bowl 'was meant for tough guys'

NFL. It's Denver's historic offence against Seattle's No. 1 defence with championship up for grabs on Sunday

That old maxim about defences winning championships has been spread on pretty heavily during Super Bowl week.

By the Broncos, of all teams.

Yes, the very same AFC champions who tore up the league with a record 606 points, 55 touchdowns coming off Peyton Manning's arm, have been touting how strong their defence has become.

Measure it against Seattle's unit, which allowed a very miserly 231 points and ranked first against the pass and in overall D, and the Broncos would seem to be whistling a hollow tune.

But linebacker Danny Trevathan, a breakout player in his second NFL season, sees plenty of greatness in his defence, too.

"Oh yeah. You are supposed to have that attitude," Trevathan said. "On defence you're not supposed to let guys push you over. You are supposed to be the aggressor on defence and you are supposed to have that attitude. I think that is what makes playing defence so passionate to me."

"I think this game was meant for tough guys. You can't be soft out here."

No one is soft on either of these teams, of course. On the contrary, it's only the second time in 20 years that the top seed in each conference got this far.

Notes from New Jersey

- **Not so cold.** As of Wednesday, no snow, or even rain, was being predicted by the National Weather Service for Sunday. The high is expected to be 3 C which would make it the coldest of the 48 Super Bowls so far.

- **What's in a name?** "I had to admit, it was pretty catchy," says Seahawks safety Kam Chancellor on the team's "Legion of Boom" nickname.

- **How's her arm look?** Peyton Manning visited brother Eli at his home in Hoboken, N.J., on Tuesday night, but the topic of conversation wasn't the upcoming Super Bowl. Peyton got to meet and hold his seven-month-old niece Lucy for the first time.

It's also that classic matchup that so excites fans, media and, yes, players. The Seahawks can't wait for the chance to test themselves against Manning, seeking his second ring in an almost-certain Hall of Fame career.

"It's going to be a great challenge," middle linebacker Bobby Wagner said. "They're talented all across the board. They protect Peyton well and they run the ball well. He's definitely passed the ball well. It's up to us to do our jobs and make sure that we come ready to play."

THE ASSOCIATED PRESS



Seahawks star cornerback Richard Sherman speaks to reporters on Wednesday in Jersey City, N.J. JEFF ZELAVANSKY/GETTY IMAGES



The Broncos work out on Wednesday in East Rutherford N.J. MARK HUMPHREY/THE ASSOCIATED PRESS

Beast Mode saves his breath for the big game



Seahawks running back Marshawn Lynch at a media availability on Wednesday in Jersey City, N.J. JEFF ZELAVANSKY/GETTY IMAGES

Beast Mode was Least Mode again.

Seattle Seahawks running back Marshawn Lynch abruptly ended his media availability — again — walking away from a throng of reporters while escorted by a member of the New Jersey State Police on Wednesday after about seven uncomfortable minutes in which he answered just a few questions.

The elusive Lynch, who created a stir at media day Tuesday by talking for only 6 1/2 minutes, writhed in his seat and leaned his head back at times.

His actions do the talking

"He gets it done on game day."

Seahawks fullback Michael Robinson on Marshawn Lynch's production on the gridiron in contrast to his participation during media events.

A few dozen reporters, lined up as much as five deep, tried to ask questions during the players' 45-minute availability at the team hotel.

"I really don't have too much to say, boss," Lynch said

in a tone barely above a whisper. "I really don't. I appreciate it, but I don't get it. I'm just here so I won't get fined, boss. That's the only reason I'm here."

Earlier this month, Lynch was fined \$50,000 for not cooperating with the Seattle media. The NFL put that fine on hold, saying it would be rescinded if he complied with media obligations. During media day, Lynch spoke for 6 1/2 minutes before leaving, then returning to speak to Dion Sanders for NFL Network,

to the Seahawks website, and to Armed Forces Network — and acknowledged he was trying to avoid being fined by the league for not meeting his media requirements.

It didn't appear Lynch would be fined, for either Tuesday or Wednesday.

"Players are required to participate and he participated," NFL spokesman Greg Aiello said in an email to The Associated Press. "His comments of the past two days have been widely circulated."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

This will be an enjoyable day and it will be more enjoyable still if you don't waste time worrying what others might think about what you are doing — or who you're doing it with!

♉ Taurus

April 21 - May 21

If you need to ask a favour of someone in a position of authority, now is the time. Cosmic activity in the career area of your chart makes it easy for you to approach employers.

♊ Gemini

May 22 - June 21

If others want to take control and decide what you are going to do together, you should let them. Today's new moon means you can afford to sit back and let partners make the difficult decisions.

♋ Cancer

June 22 - July 23

Try to take things easy today because if you tire yourself out, physically or intellectually, it may take a while to recover. You don't need to be as intense as you usually are. Everything will turn out for the best no matter what you do.

♌ Leo

July 24 - Aug. 23

Whatever goals you set over the next few days, you will reach them with ease. But don't spend all your time and energy on work: This is potentially one of the best days of the year for affairs of the heart.

♍ Virgo

Aug. 24 - Sept. 23

Something you've worried about for weeks will resolve itself in your favour thanks to the new moon. There is a lesson: Nothing is ever worth getting too worked up about.

♎ Libra

Sept. 24 - Oct. 23

You can sense that something marvelous is going to happen over the next 24 hours but you don't know what it is. Whatever it is, make the most of it.

♏ Scorpio

Oct. 24 - Nov. 22

No matter how badly someone may have let you down, forgive them. There is no point holding a grudge, not when there are so many wonderful things going on in the world.

♐ Sagittarius

Nov. 23 - Dec. 21

You should be feeling more relaxed about life now and today's new moon will put you in the mood to go out and have fun with your friends. Partnerships and relationships will make you happier than you ever thought possible.

♑ Capricorn

Dec. 22 - Jan. 20

Lady Luck will smile on you today. Good things will come your way without you having to do very much at all to attract them. Having said that, don't give away any personal information and don't try too hard. Just let it happen.

♒ Aquarius

Jan. 21 - Feb. 19

Today's new moon in your sign makes this the perfect time to start something you always wanted to do but never had the courage. Now you do — so get on and make it a success.

♓ Pisces

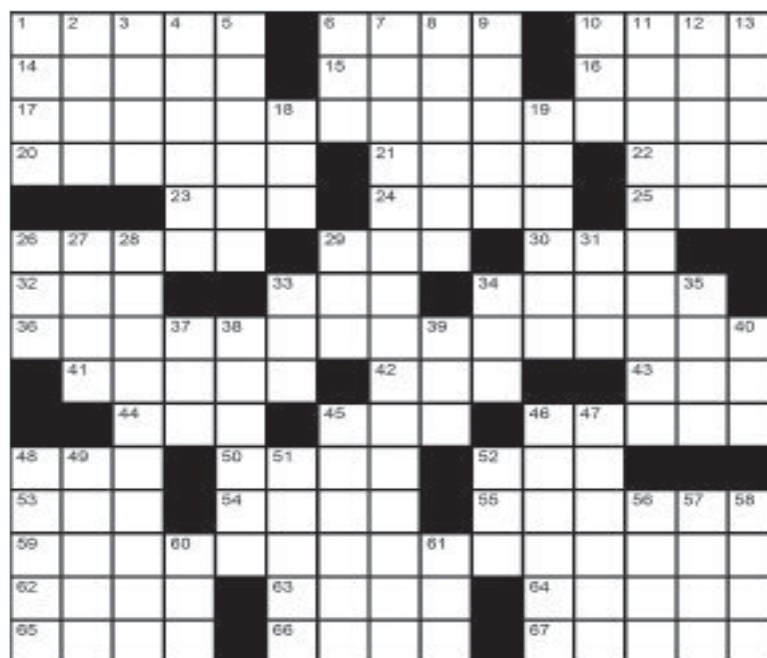
Feb. 20 - March 20

Why do you let doubts hold you back? You've got to be more ambitious and more adventurous. This could be the day when your life changes for the better — but only you can make it happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Ranching rope
6. "Cat on ___ Tin Roof" (1958)
10. From square one
14. Angered
15. Michael of "Juno" (2007)
16. Way
17. The Purcells, for one: acr. + wd. + wd.
20. Postpone
21. Pick a politician
22. Nourished
23. 'Trick' suffix
24. Cosmology's original matter
25. Some badges, e.g.
26. No longer 'in'
29. Montreal Mrs.
30. Company name abbr.
32. Dadaist Jean
33. Defence contractor, with Systems
34. Bug varieties
36. Woodlands worry: 2 wds.
41. Stan's comedy partner, cute-style
42. Help
43. Poetic contraction
44. Test tube's li'l locale
45. Ctrl, Shift, ___
46. Baseball Hall of Famer Mr. Sandberg's
48. Wane
50. Cutting remark
52. Racecar driver Mr. Fabi
53. Bovine's bellow



54. Sea wolf
55. NYC's infamous club, ___ 54
59. Canadian ice dancing legends/Olympians: 3 wds.
62. Eugene O'Neill play, ___ Christie
63. "The King ___" (1956)
64. Lucille Ball's co-star Desi

65. Many lipstick hues
66. Vocally vex
67. Like an annoying fly

Down

1. Ad-___ (Improvise)
2. Curve
3. Equivalent
4. Shoulder scarves
5. Hors d'___
6. Perform

7. Anvil and Helix, for example: 3 wds.
8. Baltimore baseball player
9. Aunt, in Montreal
10. Simon & Garfunkel's "I ___ Rock"
11. Book genre
12. Created by U2's guitarist?
13. Unwanted plants
18. Napoleonic Wars

- marshal
19. Doing that sleep state thing, say
26. ___-Man
27. Folkie Mr. Guthrie
28. 1945 Ingrid Bergman/Gregory Peck thriller
29. Egyptian ___ (Cat breed)
31. Bug
33. Pre-A.D. time

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- alternative
34. "Oh, ___!" (1977)
35. Snick-or-___
37. ___ carte
38. Gift box decoration
39. English ___
40. Li'l weight units
45. Secrets to some
46. Capture all over again
47. Lionel Richie song that starts "Baby you'll find / There's only one love...": 2 wds.
48. Put into a cell
49. American frontiersman Daniel (b.1734 - d.1820)
51. Backward on the boat
52. "How naughty!"
56. Mr. Aykroyd's
57. "Take ___ face value."
58. Sharon's rocker hubby
60. Univ. dorm supervisors
61. Dunk

Yesterday's Crossword

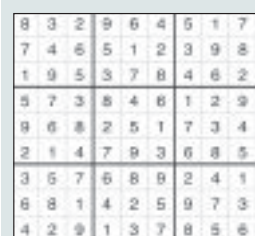


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-5°/-6°

Partly cloudy

Friday

-3°/-5°

Flurries

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